



AYURVEDA PERSPECTIVES OF SOME *KESHYA DRAVYA*

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ABSTRACT

Hair plays very vital role towards the beauty of human body, Ayurveda described hairs as *Kesha* and mentioned remedied for hair care as *Keshya* drugs. *Methika*, *Malati*, *Narikela*, *Amalaki*, *Bhumyamalaki*, *Vatama*, *Kajutaki*, *Godhuma*, *Bhringaraja*, *Madayantika*, *Sharapunkha* and *Manjishthadi Taila* are some drugs used as *Keshya dravya*. This article summarized Ayurveda perspective of *Keshya Dravya*.

KEYWORDS: *Ayurveda*, *Dravya*, *Keshya*, *Bhringaraja*, *Khalitya*.

INTRODUCTION

Ayurveda described *Khalitya* as problem of hair fall under *shiroroga*. Vitiated *Pitta* and *Vata* weakened hair roots. Vitiated *Sleshma* affect *Rakta* which obstruct hair root; resulting no further hair growth. It is *Tridoshajanya Vyadhi* all three *Doshas* involve in diseases; *Vataja Khalitya* in this *Vata* vitiated. *Pittaja Khalitya* in this type the colour of scalp becomes *Neela* and *Harita*. In *Kaphaja Khalitya* the colour of skin tends towards whitish tinge.^[1-5]

Ayurveda mentioned various treatment approaches for the *Khalitya* such as; *Rasayanas* and *Kesh Vardhak Yogs/Dravyas*, *Panchakarma* and *Yoga*, these all approaches not only prevent loss of hair but also promote hair growth. The basic working principles of various *Keshya Dravya* involve properties such as; *Kesha sanjanana*, *Keshya vardhana* and *Kesha ranjana*.^[3-7]



Figure 1. Properties of *Keshya Dravya*.

***Keshya Dravya* possesses *Kesha sanjanana* properties**

- *Vatama (Vatama taila)*
- *Kajutaki (Jyotishmati taila)*
- *Narikela*
- *Jyotishmati*
- *Godhuma (Godhuma Taila)*

These drugs helps in the origination of hair, promote the *Asthi* and *Shukra Dhatus*. The *Madhura*, *Lavana* and *Kashaya* properties of drugs strengthen the process of hair origination. These drugs boost *Shukra Dhātu* which responsible for strength of hair. These all drugs are beneficial in baldness and itching of the scalp.

***Keshya Dravya* possesses *Kesha vardhana* properties**

1. *Chemparutyadi taila*
2. *Amalaki taila*
3. *Malatyadi taila*
4. *Kayyunyadi taila*
5. *Utpaladi tailam*

These drugs promote hair growth and possess *snigdha*, *guru*, *manda*, *sheeta* and *sthira* qualities. *Madhura*, *amla* and *kashaya* properties of such drug also offer beneficial effects in baldness.

These drugs control thinning of hair, burning of the scalp and hair fall etc.

***Keshya Dravya* possesses *Kesha ranjana* properties**

1. *Neelibhringadi taila*
2. *Bhringaraja taila*
3. *Amalakyadi taila*

4. *Neelinyadi taila*
5. *Manjishthadi taila*

Kesha ranjana dravya impart original colour to the hair, promote *Ranjaka Pitta* and *Bhrajaka pitta* which are responsible for hair pigmentation. *Kesha ranjana dravya* offers *snigdha*, *teekshna*, *ushna*, *laghu* and *sara* properties which play significant role towards hair pigmentation. These drugs also offer *Kashaya* and *tikta* qualities and used to prevent the premature graying of hair and reddening of hair.^[7-11]

Brahmi & Amla as Keshya Dravya

Brahmi and *Amla* hair oil prepared by *Taila paka vidhi* offers beneficial effect in *Khalitya*. *Amla* is a *divaushadi* high in "Vitamin C" content, which nourishes hair. *Brahmi* relaxes the mind and considered as *Medhya* herb, promotes focus. This oil strengthens hair by nourishing and toning scalp. The overall *Keshya* properties of oil promote growth of healthy hair.

Bakuchi as Keshya Dravya

Bakuchi (*Psoralea corylifolia* Linn.) belongs to *Fabaceae* family, used in the treatment of eczema and hair loss. *Bakuchi* having both curative and nutritive values; as *Keshya Dravya* *Bakuchi* help in hair loss and nourishes growing hair. It possess *Tikta* and *Madhura Rasa* which make it suitable remedy for hair loss.

Eranda Tail as Keshya Dravya

Eranda Tail consisted of ricinoleic acid, unsaturated omega and fatty acid. It strengthens hair; possess sweet *Rasa*, *Guru*, *Snigdha*, *Tikshana* and *Sukshama* properties which alleviates *Vata* and *Kapha Dosa*. The omega acids present protects the scalp from microbial infection. Its massage improves circulation throughout hair follicles resulting growth of hair and make hair smooth & soft.

Yashtimadhu as Keshya Dravya

Yashtimadhu (*Glycyrrhiza glabra*) possess *Madhura Rasa*, *Snigdha Guna*, *Shita Virya*, *Vata-Pitta Shamak Doshakarman* (alleviate *Vata* and *Pitta Dosa*), these properties of *Yashtimadhu* offer beneficial effects in *Khalitya*. Decoction of the *Glycyrrhiza glabra* root is good for falling and graying of hair. It nourishes hair due to its nutritional value.

Bhringaraj as Keshya Dravya

Paraskara Grhyasutra, *Kesava paddati*, *Kousika sutra*, *Sounakiya atharva* etc. describe *Bhringaraja* for its cosmetic value; it's *Ruksha Guna*, *Ushna Veerya*, *kapha Vinashaka* and *kasavridhi* properties of *Bhringaraja* offer beneficial effects in hair problems:

- *Bhringaraj* oil prevents graying of hair.
- Helps in regaining original hair color.
- Thickening of hair.
- The *Bhringaraj* oil prevents scalp infections.
- Massage helps to improve blood circulation of scalp which promotes hair growth.

- The oil possesses calming properties which offer relief in stress and stress-related hair-fall.

Coconut oil as Keshya Dravya

Coconut oil application on head (scalp), makes the scalp revitalized, keeps hair healthy and black, control *Khalitya* and *Palitya*. It acts as a heat protector, repairs hair damage, helps to prevent hair loss and promote hair growth.

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